

EXHIBIT J



Get Started

Welcome to Reveal Myself, where you'll learn how to:

Overcome your Obstacles

This science-based campaign increases your resilience so that you can:

- Transcend Trauma
- Alleviate Anxiety
- Subdue Stress
- Defeat Depression

Testimonial
Video

About this
campaign

WHAT IS RESILIENCE?

Resilience is the human trait that allows us to overcome all things

Resilience gives people the psychological strength to deal with stress and hardship. It is the mental reservoir of strength that people are able to call on to carry them through difficult events.

To help you find what you are looking for quickly, use this table navigate to the content you want on this page.

Click the links below to learn what this campaign is all about:

➡ **VIDEO #1: "What you Get"** This video is an inside peek at what you get as part of this campaign, and how to get started. So much content and material! **If you only watch one video on this page, make it this one.**

📘 **INFO: "How this works"** These 5 steps guide you through the process.

📁 **Free Gift: "Free Access to the first 8 Deeds"** Definitely take advantage of this free resource. You'll get to

🎥 **VIDEO #2: "Why you're here"** Why this is a campaign and not just a course. You can build resilience! You are the guru in this process! We'll discuss why this works.

🎥 **VIDEO #3: "Belle's Story"** This 60 second video is just one of several testimonials on this page.

🎥 **VIDEO #4: "Misconceptions about resilience"** This video covers the many ways that resilience is misunderstood. **Watch this video to get the discount code.**

preview the first 8 deeds!

📘 **INFO: "FAQ"** These are my most frequently asked questions before people sign up.

EACH VIDEO TAKES YOU
FURTHER INTO THIS
JOURNEY AND will HELP
YOU SEE HOW MUCH YOU
WILL GROW AS YOU DO
THE CAMPAIGN.

Want a sneak peek into what members get on the first day?

Watch this video for an overview of what's included

This is just a small taste.



**Before founding Mental Gurus, & Reveal Myself, Bridger Jensen, practiced therapy for 16 years and served in administrative positions as a business consultant for clinical programs. [Learn More about Bridger Here.](#)*

Next Video

Get Started Now

How this campaign differs other wellness resources online



More than just an online course



More than therapeutic program



More than traditional therapy



Evidence-based model

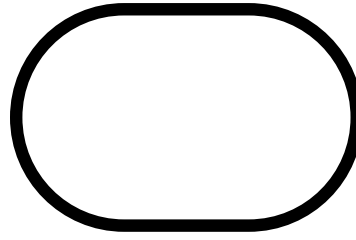


Informed by social sciences,
perfected by users.



**This is a time-
release CAMPAIGN**

**Resilience helps us become stronger
to life's challenging events.**



💔 Relationship
stress or breakups

😓 Work &
school stress

😓 Family & social
conflict

😓 Loss and
bereavement

😓 Traumatic
events

😓 Depression,
dysthymia

😓 Stress, anxiety,
& excessive worry

😓 Anger
management

😓 Irritability, &
outburst control

Overcome any obstacle, stressor, or trauma

Why this is called a campaign not just a course.

We shouldn't be focusing on "changing" ourselves, but rather we should focus on revealing who we are.

In this video, you'll learn about our online campaign, and what brought you here today.



How this works

Get Started Now

Therapy without the stigma, or frustration

Growth does not have to be hard

*"I personally
didn't need
an
expensive
therapist, or
to huge
self-help
seminars
and
workshops.
I got years
worth of
therapy with
out the
hassle or
expense."*

-M.K.
College Student

"This is so
much better
then
therapy.
You're like
Bill Nye the
Science
guy, but of
therapy. It's
fun, but still
incredibly
helpful. Tha
nk you! I'll
be doing
the next
campaign
too."

-H.T.
Graphic Designer

Huge value:

Realizing Resilience Workbook!

We'll be utilizing the
official workbook
"Realizing Resilience"
from **Positive
Psychology!**

**workbook not sold separately of the
campaign*

How this works:



Join the member area and get access.

Below you'll be able to
sign up for immediate
access to our
Overcoming
Obstacles campaign.

2

Explore the member area.

Activities you can
begin today:

1. Download the
official
"Realizing
Resilience"
workbook
2. Watch the Chalk
Talk videos
3. Download accompa
nying slides
4. Explore the
resources
5. Access our
research and
citations
6. Take the
resilience test

3

Do the "DEEDS."

Now that you have full access, you'll be able to do the deeds! The "deeds" are effective, science-based tasks that help you build resilience. Complete them to meet your goals and potential. Examples include (but are not limited to):

- Specific activities that challenge your self-perceptions
- Specific conversations to have with others
- Specific journaling assignments
- Specific exercises that expand your array of coping

skills

-And many more

4

New content every two weeks!

For the next 8 weeks you'll get new chalk talks, new deeds, and new resources every two weeks. This will continue for 2 full months. Complete them at your leisure, you'll have 12 months of full access to this campaign.

5

Continue the growth cycle

This campaign is designed to be a continual cycle of growth. There's so much to learn and you can compound the benefits by continuing the cycle of growth. Re-engage with the campaign endlessly as many times as you like for 12 months.

As you grow, your insights and questions will be come increasingly advanced, and your ability to transcend stress, trauma and anxiety will increase.

Get Started

**Many people want to continue access longer then 12 months. If you want to continue you'll have access to significant discounts.*


Want FREE access?!

Fill out the form below and I'll send a link to the initial deeds and a few of my chalk talk videos for you to peruse! 😊


The deeds are a big deal. They are the things that members can actively DO to increase their own resilience. They are the equivalent to what therapists calls "therapeutic assignments".

I call them "deeds" because as you do these things and strengthen yourself, you are doing good deeds for all the world.

First Name

 EMAIL

Email me
the Deeds

 We deeply value your privacy and won't send you spam, you can also remove yourself anytime.

Don't try to change
who you are

Build
resilience
& reveal
who you
are

See Belle's journey



Get Free Stuff

Get Started Now

Ok, I'm interested, but
I have a few
questions

Frequently Asked Questions 🤔

Here are a few
questions people ask
me:

🔵 How is a campaign more than just a course?

This is so much more than a
regular online course:

1. This campaign is highly interactive, and designed to make lasting changes over time. The deeds are ongoing, repeatable, and become more effective as you continually engage in them.
2. This campaign is not just a lesson, this is a part of knowing yourself deeply, and tapping into new skills and becoming a resilient person.
3. We have psychometric tests,

and evaluations which can track your growth, and you'll be able to see your progress.

4. It isn't just educational, this is life enhancing. It isn't just made to inform you, it is made to help you reveal who you are.


This is beyond the scope of any online course I know of.

What are the deeds?

The deeds are my version of what therapists call "therapeutic assignments", or "interventions". However, I call them deeds because as we improve ourselves, we improve the world around us. As we improve the world around us, we are making the world a better place. Thus, by completing these simple and engaging activities

WHAT IS INCLUDED IN THIS CAMPAIGN?


(You get a lot of stuff)


 **6 COMPLETE CHALK TALKS -**
Our concise and detailed


proprietary psychoeducational courses. Our chalk talks are the backbone of this campaign. See video below to learn more about what chalk talks are. Each chalk talk has several videos.

- ① **ACCESS TO THE DEEDS** - These are the exercises that help people grow. They are created using clinical concepts from traditional therapy models and other evidence-based methods.
- ② **WORKBOOK** - Our electronic workbook is thorough, detailed and complete with assignments that coincide with the deeds and chalk talks.
- ③ **TRACKING TOOLS** - Our tracking features allow you to track progress and get free reports on Mental Gurus.
- ④ **CITATIONS & RESEARCH** - We'll give you access to the complete

**bibliography
where you can
access the
academic
citations**

 **RESOURCES -**
We'll give you
links to the best
articles, videos,
blogs and
podcasts on
the topic of
resilience.

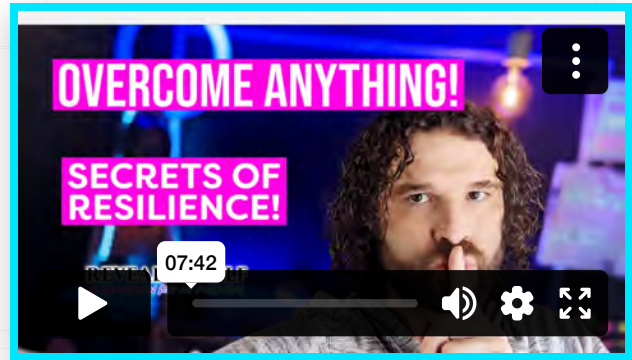
 **BONUS
MATERIAL -** This
campaign now
comes with some
great surprise
bonus content!

 **12 month
access -**
Continue to learn
and complete the
campaign
repeatedly for 12
months!

A lot of people have misconceptions about resilience
Misconceptions about resilience
A lot of people falsely believe they are flawed

5 Misconceptions of resilience

In this video, you'll get a taste of our online psychotherapeutic courses and campaign. In this video I'll address the 5 big misconceptions about resilience. You'll also learn what resilience is and some ways to grow increasingly resilient.



Bridger Jensen MS., TRS. is the founder of *Mental Gurus* and *Reveal Myself*

[Get Started](#)

**Here's a quick summary of
all 6 chalk talks.**

**All 6 chalk
talks are
packed full of
powerful
content.**

The other chalk talks
modules include:



Chalk Talk #1: Resilience research, theory and examples.

4 videos, 8 deeds, and the initial resilience measurement scale. Learn your role and in this process (it's not what you think). Learn how to do the deeds effectively, and what the important question is. This chalk talk is available immediately upon purchase.



Chalk Talk #2: Focus, Attention, and Resilience

5 videos and 6 deeds. You'll begin this chalk talk with your workbook and new journal! This is where we really get going! It is an exciting time. The deed you are tasked with will help you build focus and the psychoeducation will help you understand the importance of putting your attention on to something great. This chalk talk is released after 2 two weeks of membership.



Chalk Talk #3: Thoughts, Beliefs and Appraisal Theory

Closely related to the philosophical concept of self deception, we can not hope to truly transcend our trauma without core beliefs that support the miracle that is our world. Chalk talk 3 is available on the 1 month anniversary of your membership.



Chalk Talk #4: See the world clearly

This is an exciting part. We closely examine ourselves and the things we very often overlook to construct our worldview. We all blind ourselves to the things that confirm the narrative we already believe. This limits our growth. Lets unlock it! This Chalk Talk appears on your 6th week.



Chalk Talk #5: Interpretation & Deeper Application

We've been doing the deeds, and getting the psychoeducation. Let's take this to the next level to further increase our resilience! This Chalk talk is available on your 8 week mark.

Chalk Talk #6: Motivation & Continuation!

It's a big deal that you've come this far! Your resilience is growing and you can increase your motivation and zeal for life with these materials. Learn about coping styles and the various ways the worlds most resilient people have learned to apply resilience in their lives. This chalk talk comes at your 10 weeks mark. Consistency over time!

What our participants say:



How this campaign began:

I conceptualized this campaign,
and the deeds over the last 19
years of being a therapist,
coach and, organizational
business consultant. As this
campaign grew, I realized that I
needed a way to bring it online
so that I could reach more
people. It's taken a lot of work,
but today we're excited to
bring you our Overcoming
Obstacles Campaign
completely online.

Today my entire
practice is online,
and I am able to
bring you years
worth of
therapeutic value
for just a fraction of
the price and
without the process
of meeting with a
therapist.

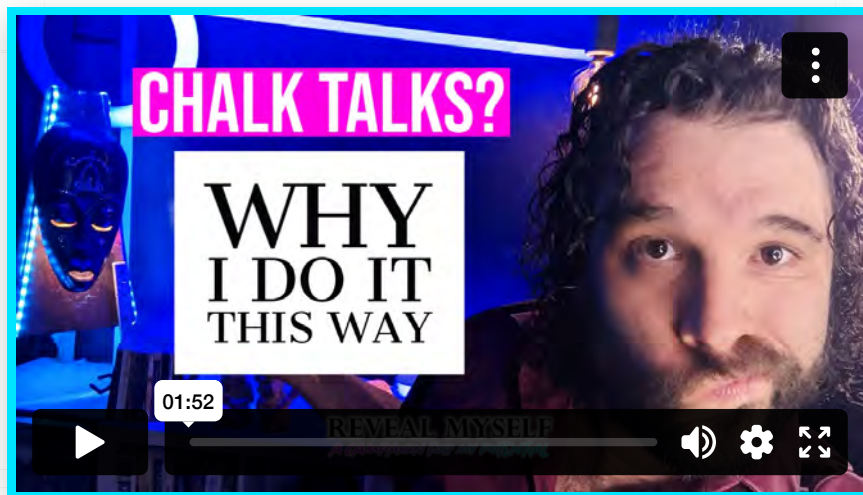
[Read more about
Bridger here](https://revealmyself.com/resilience-campaign)

**Bridger
Jensen,
MS.,
TRS**
Founder,
& CEO

Want a sneak peek into what members get on the first day?

What are Chalk Talks?

This is just a small taste.



**Before founding Mental Gurus, & Reveal Myself, Bridger Jensen, practiced therapy for 16 years and served in administrative positions as a business consultant for clinical programs. [Learn More about Bridger Here.](#)*

[Back to page outline](#)

[Get Started Now](#)

[Home](#) [Terms](#)
[Privacy](#) [Disclaimer](#)
[About](#)

Copyright ©2021 Reveal Myself. All
rights reserved